



Please help support the temple and its many programs.

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Hartford Street Zen Center is a 501(c)(3) nonprofit organization.

Donations are tax-deductible.

### Schedule:

#### Monday - Friday

6:00 am Zazen (seated meditation)  
6:40 am Kinhin (walking meditation)  
6:50 am Zazen  
7:20 am Chanting  
7:40 am Soji (brief temple cleaning)

6:00 pm Zazen  
6:40 pm Chanting

March 21 thru April 4, 2013



#### *Liangshan' Empty Aeon:*

*A monk asked Liangshon, "What is that which is before the empty aeon?" Lianshong said "The drum which rattles the universe, people of the time don't hear"*

#### *Danxia's verse:*

*Emplty space is the drum, Mt. Sumeru is the drum stick;  
Although those who beat are many, those who hear are few.  
In the middle of night, a skull awakens from a dream;  
Though bright moonlight covers his head, he doesn't think of returning.*

Tr. -- Thomas Cleary Time-Less Spring A Soto Zen Anthology

### *Upcoming Events:*

**Sewing Abbot's Robe** (for the Mountain Seat Ceremony) - March 23, April 6 @ noon

## Saturday

6:30 am Zazen  
7:10 am Chanting  
7:25 am Soji  
8:30 am Drop-in instruction  
9:25 am Zazen  
10:15 am Dharma Talk  
11:00 am Refreshments/Social

Hartford Street Zen Center is a Castro neighborhood temple and residential practice center in the Soto Zen tradition of Shunryu Suzuki Roshi established to support the Queer Community.



**Dharma Talks** - [Rev. Myo Lahey](#) Saturdays: March 30, April 6, April 20 @10:15am

**Guest Speakers** - Mar 23 - [Cynthia Kear](#), April 13 - [Ayya Santacitta](#) & [Sister Jayati](#): Saturdays @10:15am

**Full Moon Ceremony** - Saturday March 30 @11am

**Sangha Council** - Spend time with the Sangha discussing any Sangha topics - Saturday March 30 @12:30pm

**Founder's Memorial** - Issan's Memorial is generally on the 6th of the month, and the memorial for Philip Whalen is generally on the 26th @ 6:40pm

**Study Hour** The Book of Serenity, we have books to share so feel free to drop in - Thursdays @7:30pm

**Next Board of Director's Meeting** - Wed, April 10 @7:30pm (all are welcome to attend and observe)

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### HIV Meditation Sitting Group

weekly meditation group for those living with HIV, their friends, families, community supporters & anyone who wants to join us!

Thursdays and Fridays

10:30 am zazen

11:00 am socializing

### Meditation in Recovery

(Women-only)

monthly meditation group for women in recovery from addiction First Thursdays

7:15 pm - 8:45 pm



J. Birkette 'Panda Jen the B Boo lumberjack wrangler.'

### **From the HSZC Garden-**

**A VERY DEEP BOW to Jen, the Bamboo Lumberjack & Wrangler!**

*The bamboo project may have seemed a bit other worldly to the sangha at large, but our beloved timber bamboo could be and was aspiring to be a real world nuisance and so we would like to express a very deep bow of gratitude to Jen for taking on the monumental task of digging her body to deep soreness, several times a week, most weeks, while checking in on our relations with neighbors to keep up good relations with their neighborhood temple & coordinating a donor who paid up front for a matching donation program to reduce the Bamboo to a maintainable, bordered, reasonably sized, yet a still existing section we can keep under control and start potentially development of an AIDS memorial corner. Thank you so very much Jen for wrangling our beloved bamboo, nourishing our friendships & clearing a space to remember those who*

## Meditation in Recovery

(Men & Women)

weekly meditation group for men and women in recovery from addiction

Fridays, 7:30 pm - 9 pm



*have gone before us!*

***\*Bamboo Island & the memorial corner are still accepting donations!** To get matched donations for professional help pay the donor back for the recently trimmed back towering bamboo & build towards a quiet, contemplate place to remember & honor... Please give Jen all donations; suggested \$5 -\$20 or any other amount graciously accepted!*

**Bamboo grove of destruction to small Island and soon to be Maitri AIDS memorial corner**



### **Words From Our Residential Practitioners -**

**We need a good quality Zen roommate.** Student or Zen Priest who gets along well with the Resident and Non-Resident Sangha of HSZC and who is ready to dive into this practice full force. Each person we add to the small temple mix impacts the tone of HSZC so were looking for a great Gal or Guy! [Visit here](#) to see more detail and spread the word to folks we know especially those in the Zen or wider Buddhist Community, please!

### **Ascending the Mountain -**

*The progression towards the mountain seat ceremony has begun! The HSZC temple Abbot Okesa (Kesa) is starting to one by one form into "jo"s (a line of the shorter and longer pieces/panels staring to be full length columns) and is looking great, thanks to the loving and skillful guidance of Tim Wicks. One shared space room of our temple has been painted, the front wrought iron front fence is starting also to get paint restoring it to wrought iron black and seal from rust; plans are in the future to continue to paint and do small updating building efforts. And our Board President and an envoy has meet with Tenshin Reb Anderson to set an official date for the event, looking like Mid October at this point...stay tuned in! The wheel for the Mountain Seat Ceremony is in motion!*

### **Thank you Sangha, for your Charity!**

*Our thanks to all the sangha members who helped by participating in the month long clothing drive, planning the drive, publishing notices online, and all who donated the 30! bags of clothing to this well-known charitable program. Our appreciation extends to St. Anthony Foundation for providing us an opportunity to participate in this, allowing us to practice our vow to help others*

### **Hartford Street ZC History - From HSZC Fall 1989 Sunday Dharma talk (excerpt) by Kijun Steve Allen**

*"...The depth of our existence is very broad, deep and wide. We're responsive to our environment in countless ways that we don't understand, and yet. We need to care for the world in which we find ourselves. That world is distinct and particular. We find it difficult to respond to things we can't see, feel or perceive directly in some way, but naturally we just do things--we respond to our environment. So of course what's in that environment becomes a big factor in who we become. We are pulled into activities, ways of thinking and relating to people, but we aren't very clear why we are pulled. We're aware that it's not completely in our control..."*

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Visit us online  
at [HSZC.org](#)

check out our community events page for  
more events!

### Words from our Practice Leader

“There's that old Zen saying: "All the Buddhas of antiquity don't know it is, but cats and cows know it is." You look at him (Buckley, our temple-cat, is in the zendo) and you think, it's true and it's also not true.

They know it is and yet they can't pass it on very well. They can't have disciples very well. You could look at this as an abstraction but it's more like an ornament. This is how we're instructed to practice actually - just sit down. Someone asked what to tell people when giving zazen instruction. I was telling Jeff you should spend most of the time on mechanics, on how to arrange your legs and how your back should be, so that you can sit in a way that's healthy and will support your effort, but the effort is the tricky part because the effort is to desist. This is very mysterious. How do you make an effort to desist? But that is the acquaintance that everyone makes in his/her own bodymind over time, the acquaintance with that effort, to stop fiddling with anything and to arrange the body mind so that it is supported.

That's all there is to it. Actually that's all he does, our furry friend over there...”

(Dharma talk June 17, 2006 later published in fall 2007 HSZC newsletter, Rev Myo Lahey)

**DIRECTIONS:** Located between 17th and 18th Street on Hartford Street, between Castro and Noe St., one block from the Castro MUNI Station, the MUNI 33 and 24 bus as well as the MUNI - F line

Practice Leader, HSZC --- Reverend Myo Lahey



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Please submit stories, reflections, personal news, artwork and photography for future newsletters to [tetsugen.keido@yahoo.com](mailto:tetsugen.keido@yahoo.com) .  
May this newsletter find you well and filled with equanimity! \_\_\_/\\\_

